

Protect Yourself and Others from NOVEL CORONAVIRUS (COVID19)

Coronavirus disease 2019 or COVID-19 is a new type of illness caused by a coronavirus that recently started making people sick. It's mainly spread through droplets from an infected person's cough or sneeze.

1. What are the symptoms?

- Cough, Fever, Difficulty Breathing are the most common symptoms.
- Most people with COVID-19 have mild symptoms and get better on their own. People who are older, pregnant, or have serious medical problems have more risk of serious illness.

2. How can I protect myself and others?

- **Keep about 6 feet between yourself and anyone else. Some people who are sick do not show it, so avoid close contact whenever you can.**
- Wash your hands often with soap and water for 20 seconds or use hand sanitizer with 60% alcohol.
- Avoid touching your eyes, nose, or mouth.
- Wear a cloth face covering. Many outreach teams have coverings to give out. If you cannot get one of those, use a scarf or other cloth to cover your nose and mouth.

For more information, visit our
website at www.publichealth.lacounty.gov



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- If you are over 65, have health problems or are pregnant, consider staying at a shelter or other type of housing until the outbreak ends. Shelters or other types of housing can help with services and care to keep you from getting sick.
- Cover your cough or sneeze with a tissue, then throw the tissue in the trash. If you do not have a tissue, use your sleeve (not your hands).
- Do not share drinks, food, pipes, cigarettes, bedding, blankets.
- If you share space with someone, sleep with your heads at opposite ends of the space.
- Try to clean things that you or others touch a lot with a household cleaner or alcohol wipes.

3. What if I get sick?

- Contact your doctor. If you don't have one, call **211** to find one. A doctor or clinic can help you get your care while you are sick.
- Let an outreach worker or health care street team know you are sick. They can help you get care, find a safe place to stay or get supplies you need to get better while you're on the street.
- Stay at least 6 feet from other people. Be careful to use a tissue or your elbow if you sneeze or cough.
- If you feel worse, call **911** or go right away to an emergency room.